What is low self-Esteem? Low self-esteem is when someone lacks confidence about who they are and what they can do. They often feel incompetent, unloved, or inadequate. People who struggle with low self-esteem are consistently afraid about making mistakes or letting other people down. Having self-esteem issues can be detrimental to your health and negatively affect your personal and professional relationships. There are many reasons why you may have low self-esteem — your genes, how and where you grew up, and other life circumstances all play a role. A major factor of low self-esteem, however, comes from your own mental state. Your inner voice, or the thoughts in your head, can be constantly telling you that you are not good enough or worth anything, even if there is evidence to the contrary. Negative thinking in general is linked to low self-worth and low self-esteem. Sensitivity to Criticism If you have low self-esteem you may be extra sensitive to criticism, whether from others or yourself. You see it only as reinforcing your flaws and confirming that you are incapable of doing anything right. Social Withdrawal Declining invitations to go to a party or meet up with friends, canceling scheduled plans last-minute, and generally not wanting to be around others are signs of low self-esteem. You may not have any desire to hold a conversation or talk about your life because it will only reinforce the depression and anxiety you are already experiencing. Identify Troubling Conditions and Situations Take a moment to think about certain conditions and situations in your life that seem to always deflate your self-esteem. It could be giving a work presentation, dealing with a difficult family member or friend, or facing a life-changing event, like a job loss or a move. Dealing with Low Self-Esteem You can overcome low self-esteem with the right support be with someone who values you and encourages you to be a better person, mindset and very importantly you need to change the way you see yourself from a devalued person to a person of purpose and integrity also never let any negative words from people have a meaning in your life, and change in behaviors relating to your mindset when your mindset changes your behavior should. Start with these steps to begin improving your self-esteem.